University Hospitals
The Science of Health. *The Art of Compassion.*

Clinical Nutrition Services

Daily Nutritional Needs for Men

All the tissues and organs in our body get energy (calories) from the food we eat. Muscle tissue, in particular, requires more calories to remain strong and healthy. Because men typically have more muscle tissue than women, they will often require more calories each day to meet their nutritional needs. Other factors that influence the quantity, frequency and type of foods you should consume each day include age, level of physical activity and your individual goals. It is often helpful to meet with a registered dietitian/nutritionist to determine the best daily eating plan for you.

Guidelines for a Healthy Diet

Eating a healthy diet not only gives you energy for your daily activities, it helps your body fight diseases that are common in men, including heart disease, cancer, diabetes and kidney disease. To maintain good health and decrease your risk for these diseases and more, follow a heart healthy diet that includes fruits and vegetables, whole grains, low-fat dairy products, lean protein, and nuts. Good choices include:

- **Fruits (orange, apple, banana, berries)**
  Aim for at least 2 to 3 servings per day. A serving is 1 piece/1 cup fresh fruit or 1/2 cup of frozen or canned fruit.
- **Vegetables (green beans, broccoli, lettuce, peppers, potatoes)**
  Aim for at least 3 to 5 servings per day. A serving is 1 cup of raw or 1/2 cup cooked vegetables.
- **Whole grains (whole grain pasta, bread, and crackers)**
  Aim for at least 6 to 8 servings per day. A serving is 1 slice of whole grain bread or 1/2 cup cooked cereal, brown rice or whole grain pasta.
- **Low-fat dairy products (milk, cheese, yogurt)**
  Aim for at least 2 to 3 servings per day. A serving is 1 cup of low-fat milk or yogurt or 1 slice of low-fat cheese, such as mozzarella or provolone.
- **Protein (fish, chicken, turkey, eggs)**
  Aim for at least 6 to 8 ounces of lean protein per day. A meal can include 3 ounces of turkey, chicken, fish, beef or pork, one egg or two egg whites.

Men should also ensure they are eating foods that provide the vitamins and minerals they need for optimal overall health. Essential vitamins and minerals include:

- **Calcium and Vitamin D** to keep your bones strong. Good choices include:
  - Calcium: Milk, cheese, yogurt, broccoli and kale

    - Vitamin D: Salmon, tuna, mushrooms and eggs
- **Potassium and Vitamin K** to help control blood pressure. Good choices include:
    - Potassium: Bananas, sweet potatoes, spinach and white beans
    - Vitamin K: Leafy greens such as kale, collard or mustard greens, broccoli and Brussels sprouts

Filling your plate with these recommended foods each day will help you stay healthy by ensuring that your nutritional needs are being met.

Resources for Men

eatright.org/health/wellness/healthy-aging/healthy-eating-for-men
health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/men-take-charge-your-health#panel-1
eatright.org/health/wellness/healthy-aging/nutrition-for-older-men

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